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ABSTRACT

This booklet contains simple movements and activities that are used with students in Educational Kinesiology to enhance their experience of whole brain learning. Whole brain learning through movement repatterning and Brain Gym activities enable students to access those parts of the brain previously unavailable to them. These movements of body and energy, gleaned from ancient disciplines such as yoga and acupuncture, have been modified and adapted to the special needs of people learning in our modern, highly technological culture. The chapters include: (1) "Midline Movements"; (2) "Lengthening Activities"; (3) "Energy Exercises"; (4) "Deepening Attitudes"; and (5) "Brain Gym at Work and Play." The activities are cross-referenced for reading skills, writing and math skills, independent learning skills, personal ecology skills, and self awareness skills. (KR)

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